ABSTRACT OF THE DISCLOSURE

An optical communication module includes: a laser light emitting unit that emits laser light; a temperature control unit that controls the temperature of the laser light emitting unit; a power intensity control unit that controls the power intensity of the laser light emitted from the laser light emitting unit; and a setting value storage unit that stores a setting value determined from an optimum power intensity that maintains a predetermined wavelength and satisfies predetermined temperature conditions and predetermined power intensity conditions, and from an optimum temperature that maintains the predetermined wavelength and satisfies the predetermined temperature conditions and the predetermined power intensity conditions. In this optical communication module, the temperature control unit and the power intensity control unit control the temperature and the power intensity of the laser light emitting unit, based on the setting value stored in the setting value storage unit.